
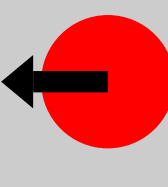





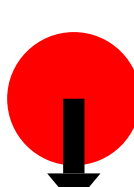











# THROWS

(grab) 	Over-shoulder Trip
(grab)  	Back Toss
(grab)  	Forward Trip
(grab)  	Shoulder Toss
(grab)  	Shoulder Toss
(grab)(pull)  	Tackle
(tackle) 	Face Punch
(tackle) 	Low Punch
(tackle) 	Back Toss
(side grab) 	Hip Toss
(side grab) 	Shoulder Toss
(back grab) 	Gut Throw